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Robinson Block, Hotel Street.

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Fine Straw Hats, 25c. up.
 Crepe Pajamas, \$1 a suit.
 Colored Bosom Shirts, 65c.
 Ladies Kimonos, \$1 up.
 Gents Sox, 4 pairs for 25c.
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 plant for hulling, polishing and assorting
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House on Beretania street, near Piliol
 street; 4 rooms, dining room, kitchen, bath-
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House on School street; parlor, several
 bedrooms, kitchen, pantry, outhouses and
 stable formerly occupied by Hon. W. H.
 Rice.

House on Robello lane, Palama, 3 bed-
 rooms, dining room, kitchen, bathroom,
 carriage house and stable, large yard.
 Lot opposite Lanailo Home; healthy and
 fine location.
 Furnished Rooms; Property in all part
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Will attend to Conveyancing in
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All Business entrusted to him
 will receive Prompt and Careful
 Attention. Office:

Honokaa, Hamakua, Hawaii.

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As a result of 15 year's experi-
 ence in the Abstract Business, I
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 and complete manner, and on
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Expert Appraisal of Real
 Estate and Furniture.

HOW TO BE HEALTHY.

Rules For the Woman Who Wants to Be
 Well.

Dr. F. Wincle, an eminent German
 professor, says:

No woman can be well unless she is
 abundantly nourished. She must have
 plenty of blood. To keep up a sufficient
 supply of this she must eat an abun-
 dant of nourishing food. She must
 drink plenty of milk and eat plentiful-
 ly of eggs and meat. Fresh meat is es-
 pecially essential.

She should exercise freely, and that
 exercise should be taken under the most
 healthful conditions possible. She
 should wear loose clothing at all times
 but, above all, when exercising. All ex-
 ercise should be taken as far as prac-
 ticable in the open air.

On rising in the morning let her take
 a plunge bath in cold water. I mean by
 that to plunge into the water and out
 again without remaining a minute or
 even a second under the surface. Many
 women will imagine that this will give
 them cold, but it will not if properly
 done. The whole point is to have reac-
 tion take place immediately. To secure
 this have the room in which the bath
 is taken heated to at least 85 degrees
 F. Then, when the fair bather emerges
 from the water, the warm air will
 strike the momentarily chilled sur-
 face of her body, and reaction will im-
 mediately take place. This should be
 still further promoted by vigorous rub-
 bing with a Turkish towel and remaining
 for a few moments between warm blank-
 ets, etc. It matters not how cold the
 water, provided the entrance into it and
 the exit from it be as nearly instanta-
 neous as possible. No cold can be taken
 where there is immediate reaction.

Having taken her plunge bath, she
 should next take her exercise. If the
 weather permits, she should don a loose
 robe, so that neither her movements
 nor her circulation shall be restricted,
 and, stepping into the open air, she
 should go through a regular set of calis-
 thenic movements the importance of
 which can scarcely be overestimated.
 A judicious system of home gymnastics
 faithfully followed will correct round
 shoulders and flat chest and stooping
 gait. Show me a woman who has per-
 sistent and perseveringly taken 15
 minutes' wise gymnastic exercise each
 morning and evening in the open air
 daily for a year, and I will show you a
 woman with an erect, noble bearing, a
 firm and graceful walk, a complexion
 whose bloom no resources of art can sim-
 ulate, and a calm self possession that
 enables her to meet your gaze without
 any evidence of awkwardness, embar-
 rassment or self consciousness.

How to Cook Chestnuts.

Chestnuts are very nice prepared as
 follows: Peel, boil and strain through
 a sieve 8 or 4 dozen large Spanish
 chestnuts and put them in a stewpan
 with half a tumbler of white wine and
 a tumbler of water. Add 3 or 4 ounces
 of sugar and the juice of a lemon and
 stew over a slow fire for about half an
 hour. Serve in a glass dish, with pow-
 dered sugar sprinkled over.

How to Prevent Consumption.

First.—Do not live in a damp local-
 ity, in a damp house, nor in a house
 with damp or foul cellar or surround-
 ings.

Second.—Do not live in a house with
 defective plumbing or bad drainage.

Third.—Do not frequent crowded or
 badly ventilated assembly rooms nor
 sleep in close apartments.

Fourth.—Adopt an out of door occu-
 pation, so as to live in the open air.

Fifth.—Avoid as much as possible
 everything that tends to depress. All
 excesses should be avoided, and keep
 free from anxiety and mental and phys-
 ical overwork.

These causes, by placing the system
 below par, render the persons less ca-
 pable of resisting the disease, if exposed
 to the germs, in such a way as to bring
 about the development of consumption.

Even Safer.



Careful Mother—Now, Maude, you
 must give me all your money to save.
 You know it will be as safe as in the
 bank with me.

Maude (who has been there before)—
 Yes, mammy dear; safer, 'cause you
 can get it out of the bank.—Sketch.

Dr. C. B. High, dentist, gra-
 duate Philadelphia Dental Col-
 lege, 1892. Masonic Temple. *

King Bros. have just filled an
 order for 200 colored Hawaiian
 photos for a party in America. *

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 Board (per month) 4.00
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 stone sidewalks and curbing. I have on
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Atmores' Mince Meat in glass jars,
 Old Homestead Mince Meat in 1 lb. pkgs.,
 Cuttings' Mince Meat in 2 1/2 lb. tins,
 R. and R. Plum Pudding in 1, 2 and 3 lb. tins,
 Cranberries, Candied Peel,
 California Sweet Potatoes,
 New Crop Raisins, Nuts, Dates, Figs,
 Apples, Queen Olives, Asparagus,
 Maple Syrup, Edam Cheese,
 Creamery Butter, Hams, Bacon,
 Crackers, Cheese, Etc., Etc., Etc.

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HONOLULU, April 21, 1896.
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 a rate as led me to believe that I would soon become bald. After using the oil for five weeks
 this ceased entirely; none whatever is now falling out. I consider it the best and only
 worthy remedy for this trouble and also recommend it as a stimulant to new growth.
 Sincerely,
 J. B. DANIELS.

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